"Tools for Schools" OPI Methamphetamine Prevention Education Project Grades 6-8

Teacher's Lesson Plan

Title: Not Your Average Joe

Audience: Grades 6-8

Student Performance Objectives

- Students will be able to identify 3 dangers related to methamphetamine use
- Students will be able to summarize how meth can destroy their dream and lives by reflecting on the experiences of one individual
- Student will understand how drugs affect your senses and response time.

Life Skills Taught

- Decision-making
- Responsibility for decisions
- Hope for the future

Materials Needed

- PowerPoint projector
- Screen
- Speakers—critical for the presentation of this program to a group!
- Computer with PowerPoint program software
- Ice
- Water
- Large cups
- · Pencil and paper to record results

Time Needed

30 minutes for PowerPoint

15 minutes for supplemental activities

Background

This is one of the introductory lessons in the OPI meth education prevention project. This short lesson gives students some specific, real-life examples of how meth use can ruin your career ambitions and life plans. Methamphetamine is a highly addictive drug that causes people to become irrational and causes many people to sacrifice everything just to get more of the drug.

Teaching Tips

Here are some tips for leading this activity:

- Prepare yourself. Don't rely on your previous experience to "save the day" because you did not prepare and review the materials.
- Be clear on what the curriculum is and isn't. Some things that students want or need will not be included in this curriculum.
- Use the curriculum as a guide. Use it to meet the needs of the students and feel free to experiment with the delivery of this information.
- Expect to be challenged. Students may have heard information that is at odds with your presentation. Take it in stride and focus on facts.
- Create a positive learning environment.
- Use a variety of techniques to meet various learning styles.
- Don't be defensive when students disagree. State your position and acknowledge theirs. Encourage critical thinking and analysis.

PowerPoint Basics

PowerPoint is a modern method of presenting a slide program without a slide projector and also provides animation and sound. There are lots of manuals that teach the basics of using this program. Here are some basic tips for effectively using PowerPoint as an educational tool:

<u>F5</u>—pressing this key is a simple method to activate the slide show from the beginning. You can accomplish the same thing by moving your mouse over the "slideshow" icon in the lower left-hand corner of your screen.

<u>ESC</u>—hitting the "escape" key will end a program.

<u>Shift-B</u>—hitting these keys will create a black screen. Use if you want to stop in the middle of a program and have a discussion without having a distracting image on the screen. Hit it again to return to the PowerPoint presentation.

<u>Shift-W</u>—hitting these keys will create a white screen. Like the black screen command described above, you can hit these keys to return to the program when you are ready.

<u>ALT-Tab</u>—by holding down the ALT key and pressing the "Tab" key, you can easily move between a PowerPoint program and other programs on your computer.

<u>Down-Arrow Key</u>—this key is used to move forward in the slide show, and except for self-timed programs, must be used to advance from one slide to the next.

<u>Up-Arrow Key</u>—this key is used to move backwards in the slide show to the previous slide.

Introduction

Methamphetamine is a drug unlike many others. It does not discriminate when it comes to those who abuse it. The ingredients to create meth are readily available. It is highly addictive. And, its effects run throughout our communities. Meth users can become very irrational and may cause them to sacrifice everything they have dreamed about—just to get more of the drug.

Methamphetamine has surfaced in recent years as one of the most dangerous and devastating drugs in Montana, with 122 meth labs seized and shut down by law enforcement in communities across the state in 2002.

Meth destroys families, futures and produces toxic wastes that endanger young people, law enforcement officers, and first responders. About 30-35 percent of meth labs seized are in residences where children have been living.

Meth is one of the most addictive and destructive drugs around. Over 98 percent of people who use meth become addicted and some die after just trying it once.

Through school efforts like this, we can help youth understand how to achieve their life's goals without succumbing to the threat of drugs—especially meth. Through educational initiatives like this in schools and communities, we can raise awareness about the dangers of this drug and forestall its spread across Montana. Only a comprehensive, multi-pronged approach can impact this problem in our state. There is no one simple solution but rather an array of efforts which must work together, delivering the same, consistent messages.

Teaching Procedure

Slide 1: Series slide

Slide 2: Meet Joe O'Brien (Hit down-arrow key just once.)

Joseph Lee O'Brien was an assistant football coach at MSU who
had a very promising career in front of him. He loved football,
and his dream was to make football his lifelong career—through
coaching others and serving as a positive role model.

Slide 3: Joe O'Brien Had So Much...(Hit down-arrow key four times.)

- Growing up in northern California, Joe O'Brien had so much going for him.
- Read information on slide.

Slide 4: Joe O'Brien Could Have Really Been... (Hit down-arrow key three times.)

· Read slide

Slide 5: Instead, now he's serving 4 years...(Hit down-arrow key once—to slam jail door.)

- All that potential and promise came to an end in 2003, however, when Joe was arrested in a "sting" operation in Townsend, MT.
- Now, for a person whose dream was just to "play one more game," Joe is serving four years in Federal prison.
- How did this happen? Let's find out.

Slide 6: This is what Joe had to say for himself (Hit down-arrow key two times.)

- Methamphetamine is one of the most dangerous and addictive drugs around. It causes people to become highly irrational, violent and leads them to take actions which sacrifice everything they love and care about—simply to get more of the drug.
- Meth can destroy your life dreams before you realize how it has taken hold of you. It can turn you into a deceiver and cause you to lead a double life.

Slide 7: Meth changed a promising athlete... (Hit down-arrow key three times.)

- Read slide.
- Emphasize that these two photos are of the same person—one before meth addiction and one after.
- Meth doesn't do much for your good looks, either.

Slide 8: Meth Makeover! (Hit down-arrow key once to bring in the animation, and a second time to bring back the original photo of the woman.)

- The trouble with drug addiction is that many of us think these negative things can never happen to us; that they only happen to other people. That's what Joe O'Brien thought, too.
- Drugs like methamphetamine cause individuals to deny the extent of their addiction and enhance their sense of paranoia.

Slide 9: Why is Meth Bad? (Hit down-arrow key just once.)

 Why is meth bad? It is made from highly toxic chemicals, has dangerous physical and emotional consequences, and causes violent behavior and even death in first-time users.

Slide 10: Meth is Made Using Toxic Chemicals (Hit down-arrow key just once.)

Meth is toxic no matter how you look at it.

Slide 11: It Could Never Happen to You? (Hit down-arrow key three times.)

 As in most cases of deception, the truth will come out. And that's what happened to Joe O'Brien. He thought he was invincible...but he wasn't. In September 2003, Joe was arrested.

Slide 12: But Soon the Story Began to Unravel (Hit down-arrow key twice.)

 For at least two years, Joe had been getting meth shipped to him from contacts in California and selling it to friends and contacts all over the Gallatin Valley.

- **Slide 13: The Lies Continued** (Hit down-arrow key just once—the animation will follow.)
 - Eventually, Joe was charged with a number of felonies, including money laundering, selling, distributing, and lying to prosecutors.
- Slide 14: But then the Truth Emerged (Hit down-arrow key three times.)
 - Joe's promising career came crashing down in May 2004 when he signed a plea agreement with the U.S. Attorney's Office. At age 31, he was sentenced to four years in prison.
- Slide 15: Not Your Average Joe (Hit down-arrow key four times.)
 - While Joe wanted football to be his life, his actions now meant he would have to build a new life. A life that would not include football ever again.
- Slide 16: The Sentencing Judge Said (Hit down-arrow key just once—animation will follow.
 - And there's more to life than meth.
- Slide 17: Maybe There's More to Life than Meth (Hit down-arrow key just once—animation will follow.)
 - Read slide. Emphasize the importance of individual accountability and responsibility for decisions.
- Slide 18: (Hit down-arrow key just once.)
 - Ask students to consider these questions—Do you think something like this can't happen to you? Why or why not?
 What are you doing to ensure that you live out your dreams?
 What is it that you came here to do? What is your purpose?
- Slide 19: You Are Like Achilles...(Hit down-arrow key just once.)
 - Joe had everything going for him and a rich future in store until get got involved with drugs like meth.
- Slide 20: Can't Happen to You? (Hit down-arrow key twice.)
 - Joe O'Brien thought it couldn't happen to him. Certainly, he's no longer your "average Joe." Meth led him to prison, not fame.

Slide 21: In Life You Don't Want to Come Up Short (Hit down-arrow key just once—animation will follow.)

Slide 22: Just Ask Joe O'Brien What He Thinks Now (Hit down-arrow key just once.)

Reinforce the message of the slide

Slide 23: He's Not An Average Joe Anymore (Hit down-arrow key twice.)

Reinforce the message of the slide

Slide 24: End slide

Additional Activities

In addition to the PowerPoint presentation, you may choose to use this "hands-on" activity to help your students better understand the impact that drugs have on their abilities to function normally.

Say something like this: Avoiding the use and abuse of illegal drugs ensures that you will develop normally and that you will develop effective problem solving skills. Kids who are drug-free learn how to have fun and how to handle social situations successfully without resorting to psycho-active drugs that negatively affect thinking skills. Making responsible decisions about how to lead a drug-free life promotes self-respect and shows respect and concerns for others. This activity will simulate how drugs affect your reaction time and concentration.

Reaction Time Experiment:

- 1. This experiment will measure your reaction time. Reaction time is the ability to respond to a stimulus from the time it is recognized.
- 2. Sit down on the floor or in seats. Have a friend hold a yardstick vertical (up and down). Now put your thumb and forefinger spread apart so that your fingers are level with the bottom of the yardstick.
- 3. When your friend releases the yardstick, try to grab it with your thumb and forefinger. Record the number of inches that passed before you grabbed it. You could repeat this several times to get an average.
- 4. Now, hold your fingers in a glass of cold ice water for one minute. The cold water affects your reaction time in much the same way as taking

drugs. Repeat releasing and grabbing the yardstick. Record the number of inches that passed before you grabbed the yardstick. Then switch and let your classmate try.

Concentration Experiment:

This experiment will measure your ability to concentrate and do two tasks at once.

- Sit at a desk or table. On a sheet of paper, write your name clearly in cursive.
- 2. Now, extend your foot so that the knee is locked. While the foot is extended, make a wide circling motion. While you are making this circling motion, write your name again underneath where you wrote earlier. Have a friend or an adult watch to see if you can keep your leg circling while you are trying to write.
- 3. This experience is similar to what it might be like to function if you had drugs in your system.

Going Further

- 1. What did you observe in the first experiment? Which reaction time was the slowest?
- 2. Why do you think your reaction time changed when you put your hand in cold water?
- 3. What happened when you tried to keep your foot going in a circle while writing? Was it easier to write your name the first or the second time? Why?
- 4. Based on the differences you observed, how do you think drugs would affect your reaction time and ability to concentrate?
- 5. If a person was drinking and driving a car, what do you predict might happen?
- 6. How might taking drugs of any kind affect a person's judgment or decision-making ability in a critical situation?

Additional Resources

Meth Free MT web site: www.methfreeMT.org

Montana Meth Project: <u>www.montanameth.org</u> and <u>www.notevenonce.com</u>

Or <u>www.lifeormeth.org</u>

Vocabulary to Know

Addiction— ad·dic·tion Pronunciation: &-'dik-sh&n

Function: noun

: compulsive physiological need for and use of a habit-forming substance (as heroin, nicotine, or alcohol) characterized by tolerance and by well-defined physiological symptoms upon withdrawal; *broadly*: persistent compulsive use of a substance known by the user to be physically, psychologically, or socially harmful

Methamphetamine— meth·am·phet·amine

Pronunciation: "meth-am-'fet-&-"mEn, "meth-&m-, -m&n

Function: noun

1: an amine $C_{10}H_{15}N$ used medically in the form of its crystalline hydrochloride especially in the treatment of obesity and often used illicitly called also *meth*, *methedrine*, *methylamphetamine*

2: amphetamine used in the form of a crystalline hydrochloride; used as a stimulant to the nervous system and as an appetite suppressant [syn: methamphetamine hydrochloride, Methedrine, methamphetamine hydrochloride, Methedrine, methamphetamine hydrochloride, Methedrine, methamphetamine, chalk, chicken feed, crank, qlass, ice, <a href="mailto:shabu, trash]

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Tools for Schools

"Not Your Average Joe"

Grades 6-8



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His goal was to make football his life....

Joe O'Brien had so much going for him...

- High school football standout in California
- Division II Player of the Year, Santa Clara College, 1993
- *Big Sky Defensive MVP, 1994
- All-American at Boise State, 1994



Joe O'Brien could have really been somebody...

- Played in the World League and several NFL camps
- One of the best young coaches in the country
- MSU assistant football coach from 2001 to 2003





This is what Joe had to say for himself:

- * "Football has been my passion for 31 years, and I've lost that forever and I did it to myself." –sentencing hearing October 17, 2004.
- * "I now understand how all this can be lost and forgotten if wrong choices are made."
- "I stand before you a shameful man."

Meth changed a promising athlete into a convicted felon.

- Meth can destroy your life dreams
- Meth can turn you into a liar
- Meth can ruin even the most promising hopes you have for the future









Why is Meth bad?

- Made using toxic ingredients
- Causes long-term psychological and physical damage
- Highly addictive
- Can cause death with just one use
- Leads to violent behavior



Meth is made using toxic chemicals

- Would you consider putting Drano or brake fluid in your body?
- Meth is dangerous no matter how you look at it.
- Not surprisingly, many people lose hair, teeth and become gaunt from meth use





It could never happen to you?

- → DECEPTION—Joe led a double life engaged in the underworld of drug crime that even his close friends did not know about.
- * DENIAL—When initially arrested in Townsend for selling meth to an undercover cop, Joe was adamant that he was "setup."

But soon the story began to unravel...

- * While Joe thought he was being undetected, investigators had been tailing Joe for months
- More accusations of drug-dealing surfaced from friends and coconspirators



The lies continued.

- * Since 2001, he had meth shipped to friends in Bozeman who helped him distribute and sell it.
- Some of the sales took place near schools



But the truth emerged...and he was charged with:

- 24 counts of concealing money from drug sales
- distributing nearly

 pound of meth
 unknown users
 selling meth within
 1,000 feet of MSU
- lying to prosecutors



Not your average Joe.

- Along with four years in prison:
 - Joe was sentenced to eight years probation
 - 500 hours of mandatory community service
 - Intensive drug treatment
 - Fined over \$23,000 for estimated drug profits



"I will never coach again."—Joe O'Brien at his sentencing hearing May 2004



Maybe there's more to life than meth...

Abracadabra

Vamoosh

Poof

Maybe there's more to life than meth...

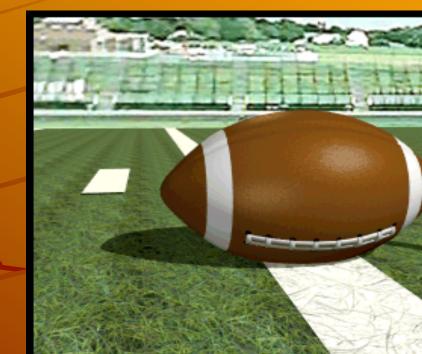
"You are like Achilles...destroyed by your own choices."



Can't happen to you? What's your goal in life?



In life, you don't want to come up short...



Just ask Joe O'Brien what he thinks now...

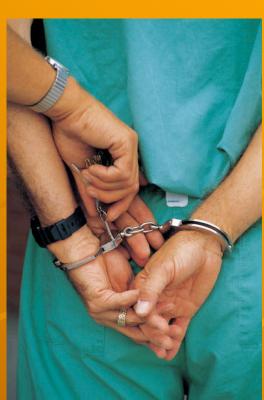




He's not an average Joe anymore...

He's prisoner #07167-046 at Nellis Federal Prison in Nevada





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